

disposed bar upward or downward to accommodate different size and height of the user.

While preferred embodiments have been shown and described, it will be understood that it is not intended to limit the disclosure, but rather is intended to cover all modifications and alternate methods and apparatus within the spirit and scope of the invention as defined in the appended claims.

#### CLAIMS:

I claim:

1. An exercise device comprising:

an "H" shaped rigid frame comprising a base to rest upon a floor;

a pair of planar posts generally comprising a first planar post and a second planar post wherein each post extends from said rigid frame;

a rectangular sitting component frame fixed to said pair of planar posts;

a horizontally disposed seat rectangular in shape secured to said rectangular sitting component frame.

2. The exercise device of claim 1 wherein said base further comprises:

a pair of equal length side base bars wherein said base bars are parallel to each other; and

a transverse base bar extending between the pair of side base bars.

3. The exercise device of claim 2 wherein said pair of side base bars comprise:

a left side base bar wherein said left side base bar comprises a front side and a rear side; and

a right side base bar wherein said right side base bar comprises a front side and a rear side.

4. The exercise device of claim 2 wherein said transverse base bar includes, an elongated bar having opposing ends generally fixed perpendicularly to a midpoint of the left side base bar at one end and a midpoint of the right side base bar at an opposing end.

5. The exercise device of claim 1 further comprising:

said first planar post extending upwards in a curve and leveling off at a peak wherein said first planar post is attached to the front end of the left side base bar; and

said second planar post extending upwards in a curve and leveling off at a peak wherein said second planar post is attached to the front of the right side base bar.

6. The exercise device of claim 1 further comprising a first horizontally disposed bar including a pair of opposing ends, wherein one opposing end is secured to said first planar post and the other opposing end is secured to said second planar post.

7. The exercise device of claim 1 wherein said rectangular sitting component frame includes:

a means for attachment to said first planar post at the peak and,

a means for attachment to said second planer post at the peak.

8. The exercise device of claim 1 wherein said rectangular sitting component frame includes a means for attachment to a first inclined seat support bar and a second inclined seat support bar.

9. The exercise device of claim 8 further comprising:

said first inclined seat support bar including a pair of opposing ends wherein one opposing end is attached to the rear of said left side base bar, and another opposing end is attached to said first planar post; and

said second inclined seat support bar including a pair of opposing ends wherein one opposing end is attached to the rear of said right side base bar, and another opposing end is attached to said second planar post.

10. The exercise device of claim 1 further comprising a second horizontally disposed bar including two opposite ends wherein said second horizontally disposed bar is secured to the first inclined seat support bar at one opposite end,

and said second horizontally disposed bar is secured to the second inclined seat support bar at another opposite end.

11. The exercise device of claim 10 wherein second horizontally disposed bar includes a member for a user to comfortably grasp said second horizontally disposed bar while raising themselves upwardly and lowering themselves downwardly during exercise.

12. The exercise device of claim 1 wherein said base adapted to rest upon a floor includes a plurality of suitable non skid members for providing firm support once the frame rests upon a floor.

13. The exercise device of claim 1 further comprising said second horizontally disposed bar attached to said pair of inclined seat support bars in a position wherein a user is capable of comfortably grasping the second horizontally disposed bar with their both hands in order to comfortably perform pectoral muscles exercise.

14. An exercise device comprising:

an "H" shaped rigid frame, comprising a base to rest upon a floor;

a pair of planar posts generally comprising a first planar post and a second planar post wherein each post extends from the frame;

a rectangular sitting component frame mounted to said pair of planar posts;

a horizontally disposed seat rectangular in shape, secured to said rectangular sitting component frame wherein said

horizontally disposed rectangular seat is selectively adjustable.

15. The exercise device of claim 14 wherein said base further comprises:

a pair of equal length side base bars wherein said base bars are parallel to each other; and

a transverse base bar extending between the pair of side base bars wherein said transverse base bar comprises:

an elongated bar having opposing ends generally fixed perpendicularly to the midpoint of the left side base bar at one end and the midpoint of the right side base bar at another end.

16. The exercise device of claim 15 wherein said pair of side base bars further comprise:

a left side base bar wherein said left side base bar comprises a front side and a rear side and;

a right side base bar wherein said right side base bar comprises a front side and a rear side.

17. The exercise device of claim 16 further comprising:

said first planar post extending upwards in a curve and leveling off at the peak wherein said first planar post is attached to the front end of the left side base bar; and

said second planar post extending upwards in a curve and leveling off at the peak wherein said second planar post is attached to the front end of the right side base bar.

18. The exercise device of claim 17 further comprising a first horizontally disposed bar with a pair of opposing ends, wherein one opposing end is secured to the first planar post and an opposing end is secured to the second planar post.

19. The exercise device of claim 18 wherein said rectangular sitting component frame is mounted to the first planar post at a peak and,

said rectangular sitting component frame is mounted to the second planer post at a peak.

20. The exercise device of claim 19 wherein said rectangular sitting component frame is further supported by a first inclined seat support bar and a second inclined seat support bar.

21. The exercise device of claim 20 further comprising:

said first inclined seat support bar comprising two opposing ends wherein one end is attached to said rear end of said left side base bar, and one end attached to the first planar post;

said second inclined seat support bar comprising two opposing ends wherein one end is attached to said rear end of said right side base bar, and one end at attached to the second planar post.

22. The exercise device of claim 21 further comprising a second horizontally disposed bar with opposing ends wherein said second horizontally disposed bar is secured to the first inclined seat support bar at one end,

and said second horizontally disposed bar is secured to the second inclined seat support bar at the opposing end.

23. The exercise device of claim 22 wherein said base adapted to rest upon a floor includes a plurality of suitable non skid members for providing firm support once the frame rests upon a floor.

24. The exercise device of claim 23 further comprising a seat restraint attached to the sitting component frame at opposite sides of the sitting component frame wherein the seat restrain is selectively attached to the sitting component frame to allow a user to tie the seat restraint across their hips preventing a user from sliding off the seat during exercise.